

DAY 1

YOUR ASSESSMENT

THE MAN OR WOMAN IN YOUR MIRROR

"Wherever you go, there you are."
-Author Unknown

Circle if you have any of these complaints

- Headaches
- Low energy
- Sleep problems
- Brain fog
- Joint or muscle pain
- Digestive problems
- Menstrual problems
- Sick often
- Allergies
- Depression
- High blood pressure
- Acid reflux

What medications are you currently taking?

Do you have any other health complaints or issues?

Mandatory 1st step:

Get an accountability partner. Twice the help equals twice the results. It can be your spouse, co-worker or friend. Write down your goals you want to achieve for the challenge and exchange them with your partner.

Eating Plan

Breakfast: 2 eggs, 4 pieces of turkey bacon

Snack: Handful of nuts

Lunch: Not Tuna Salad

Snack: Celery and Hummus

Dinner: Basic Chili

Height in Feet and Inches	Weight in Pounds													
	120	130	140	150	160	170	180	190	200	210	220	230	240	250
4'6"	29	31	34	36	39	41	43	46	48	51	53	56	58	60
4'8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56
4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52
5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46
5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36
6'0"	16	18	19	20	22	23	24	26	27	28	30	31	33	34
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32
6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30
6'6"	14	15	16	17	19	20	21	22	23	24	25	27	28	29
6'8"	13	14	15	17	18	19	20	21	22	23	24	25	26	28

Underweight
 Healthy Weight
 Overweight
 Obese

NOTE: This chart is for adults (≥ 20 years old)

BMI (Body Mass Index): _____

Weight: _____

Measurements: Chest _____ Arm _____

Waist _____ Thigh _____

Please check any of the statements below if they apply to you:

- I have seen disease processes affect my family members
- I used to be in great shape in college and high school, but I've let myself go.
- I struggle with my health because of my poor choices
- I know what to do with my nutrition, but I just don't do it.
- I am the number-one person responsible for my health.
- I am sick and tired of feeling sick and tired, and I don't have the same energy.
- I feel like I just don't know what to do anymore.

If you checked any of the above, you are qualified to reap the benefits of the TFM Challenge!

*green items can be found in the MLNP book.

DAY 2

Today's Tip

Read food (and gum) labels and eliminate all artificial sweeteners, including aspartame and sucralose and switch to stevia or xylitol.

Eating Plan:

Breakfast: Yogurt and Berries

Snack: Veggie-Berry Smoothie

Lunch: Leftover Chili

Snack: Veggie Sticks with Hummus

Dinner: Grilled Steak w/ Chimichurri, Boosted Broccoli

Got MaxT3? Do this workout:

Superfast Workout 2 – Lower Body

DAY 3

Today's Tip

Think about **why**. There is a big reason why you are on this challenge. Something incredibly meaningful to you. What is it? Take this time to remember and let it fuel you.

Eating Plan

Breakfast: Spinach Omelet

Snack: Celery with almond butter

Lunch: Chicken Artichoke Salad

Snack: ½ cup walnuts

Dinner: Teriyaki Salmon, Fried Rice

Got MaxT3? Do this workout:

Superfast Workout 3 - Core

DAY 4

Today's Tip

Switch to extra virgin olive oil and/or coconut oil. Throw out foods containing hydrogenated or partially hydrogenated oils, including corn oil, canola oil, vegetable oil, soybean oil and safflower oil, (salad dressings etc.)

Eating Plan

Breakfast: Protein Smoothie

Snack: ½ cup pumpkin seeds

Lunch: Leftover Fried Rice

Snack: Veggie sticks with Easy Guacamole

DAY 5

Today's Tip

People are motivated by pleasure or pain. Decide which one you are! Create an action step for reaching your goal, either give yourself something amazing for your efforts i.e. a vacation or spa day. Or force yourself to do something that scares you, i.e. Run a marathon.

Eating Plan

Breakfast: Omelet

Snack: Veggie sticks with Ranch Dressing

Lunch: Tatkoutka (Moroccan Cooked Salad)

Snack: Apple-Almond Smoothie

Dinner: Marinated Chicken Satay

Got MaxT3? Do this workout:

Superfast Workout 5 – Upper Body

DAY 6

Today's Tip

Don't forget to journal everything you eat from here forward. Physically writing everything you've eaten makes it easier to hold yourself accountable.

Eating Plan

Breakfast: Veggie-Berry Smoothie

Snack: ½ cup almonds

Lunch: Asian Turkey Lettuce Wraps

Snack: 1 Chocolate Macaroon

Dinner: Fancy Salmon, Green Bean Almandine

Got MaxT3? Do this workout:

Superfast Workout 6 – Lower Body

DAY 7

Today's Tip

Preparation! Preparation! Preparation! If you fail to plan, you are planning to fail! Prepare your meals for the week on Saturday or Sunday and know exactly when you are exercising!

Eating Plan

Breakfast: Omelet

Snack: 1 Chocolate Macaroon

Lunch: Salad with Greek Dressing

Snack: ½ cup almonds

Dinner: Stuffed Porto Patty, Zesty Lemon Quinoa

Rest Today

DAY 8

Today's Tip

Clean water equals clean body! Switch your bottled water to distilled or reverse osmosis. You can also buy a water filter for your house. We recommend reverse osmosis or a good carbon block filter.

Eating Plan:

Breakfast: Almond Power Bars

Snack: Celery and Hummus

Lunch: Buffalo Chicken Rolls

Snack: Handful of nuts

Dinner: Meatloaf, Quick Sauerkraut

Got MaxT3? Do this workout:

Fast Workout 7 – Upper Body

DAY 9

Today's Tip

Boost your glutathione levels. Glutathione is your body's best defense against the toxins that bombard you each day. You can boost glutathione levels by eating cruciferous vegetables like broccoli and Brussels sprouts. Adding un-denatured protein (like Maximized Living's Perfect Protein) to your smoothies is an even better way to decrease your risk of toxicity-induced disease.

Eating Plan:

Breakfast: Salad Smoothie

Snack: Boiled egg

Lunch: Chinese Cabbage Salad

Snack: Nuts and seeds

Dinner: Grilled Chicken with Chili Pepper, Bok Choy & Ginger

Got MaxT3? Do this workout:

Fast Workout 8 – Lower Body

DAY 10

Today's Tip

If you feel that you have no time to exercise, REMEMBER it's only 12 minutes! In the time it takes to park your car at Starbucks, stand in line, order your latte and get back in your car, you could be DONE with your exercise for the week that turned your body into a fat-burning machine.

Eating Plan

Breakfast: Spinach Omelet

Snack: Celery with almond butter

Lunch: Taco Salad

Snack: ½ cup walnuts

Dinner: Chicken Sage Soup

Got MaxT3? Do this workout:

Fast Workout 9 – Core

DAY 11

Today's Tip

If you've messed up, focus on bouncing back. A single slip-up does not cancel out all of your successes.

You are not on a diet.

You are making healthy choices every day and you should be proud of the changes you made this far. The fact that you are reading this means that you are doing better than you think you are.

Eating Plan:

Breakfast: Protein Smoothie

Snack: ½ cup pumpkin seeds

Lunch: Leftover Chicken Sage Soup

Snack: Veggie sticks with Easy Guacamole

*green items can be found in the MLNP book.

DAY 14

Today's Tip

Failing to plan is planning to fail. Get your shopping done today!

Eating Plan

Breakfast: Omelet

Snack: Spicy Cinnamon Smoothie

Lunch: Taco Salad

Snack: ½ cup almonds

Dinner: Orange Chicken, Lime and Walnut Coleslaw

Rest Today

DAY 15

Today's Tip

Stay on track! At this point you may think that you don't need to schedule meals, but sticking to your schedule frees you from emotional eating.

Eating Plan

Breakfast: Yogurt and Berries

Snack: Veggie-Berry smoothie

Lunch: Raspberry Pecan Summer Salad

Snack: 1 Chocolate Macaroon

Dinner: Stuffed Peppers, Zesty Lemon Quinoa

Got MaxT3? Do this workout:

Superfast Workout 2 – Lower Body

DAY 16

Today's Tip

Spend 5 minutes picturing yourself at the end of this challenge. Is it getting more real to you now? You are well on your way to achieving your vision- keep up the good work.

Eating Plan

Breakfast: 2 eggs, 4 pieces of turkey bacon

Snack: Handful of nuts

Lunch: Asian Turkey Lettuce Wraps

Snack: Celery and Hummus

Dinner: Crispy Salmon Cakes, Smashed Sweet Potatoes

DAY 12

Today's Tip

Don't go shopping when you are hungry, somehow your favorite snack ends up in the cart. You'll be surprised at the healthier choices you make when you shop when you are satisfied.

Eating Plan

Breakfast: Yogurt and Berries

Snack: Veggie sticks w/ Ranch Dressing

Lunch: Leftover Roasted Vegetable Lasagna

Snack: Celery sticks with Hummus

Dinner: Beef Stew

Got MaxT3? Do this workout:

Fast Workout 11 – Upper Body

DAY 13

Today's Tip

At some point, you've probably thought, "I know I shouldn't eat this, but I just don't care." While you might not care at that moment, you will care next time you step on the scale or midway through your next workout. Remember how bad food makes you feel.

Eating Plan

Breakfast: Veggie-Berry Smoothie

Snack: ½ cup almonds

Lunch: Leftover Beef Stew

Snack: Veggie sticks with Easy Guacamole

Dinner: Fish Fry Dinner, Mashed No-tatoes

Got MaxT3? Do this workout:

Fast Workout 12 – Lower Body

Dinner: Roasted Vegetable Lasagna

Got MaxT3? Do this workout:

Fast Workout 10 – Surge

*green items can be found in the MLNP book.

Got MaxT3? Do this workout:

Fast Workout 10 – Surge

DAY 17

Today's Tip

You are starting to see results so stay positive. Dwelling on unhappiness causes unhealthy choices.

Be happy with you results now and continue to make good choices.

Eating Plan

Breakfast: Omelet

Snack: Celery with almond butter

Lunch: Salad with Greek Dressing

Snack: ½ cup walnuts

Dinner: Tex Mex Skillet

Got MaxT3? Do this workout:

Superfast Workout 3 – Core

DAY 18

Today's Tip

Repeat this to yourself any time you feel tempted to slip back to your old ways, especially if you are rationalizing or feeling sorry for yourself: "My commitment must be stronger than my emotions are at this moment." The pain of discipline is temporary but the pain of regret is permanent.

Eating Plan:

Breakfast: Salad Smoothie

Snack: ½ cup pumpkin seeds

Lunch: Curried Turkey and Rice Salad

Snack: Veggie sticks with Easy Guacamole

Dinner: Butternut Squash and Leek Soup

Got MaxT3? Do this workout:

Superfast Workout 4 – Surge

DAY 19

Today's Tip

Eliminate all Teflon cookware....danger! Switch to

stainless steel, cast iron or micro-ceramic cookware.

Eating Plan:

Breakfast: Omelet

Snack: Veggie sticks with Ranch Dressing

Lunch: Leftover Butternut Squash and Leek Soup

Snack: Raspberry Explosion

Dinner: Easy Cuban Style Chicken Breasts, Broccoli

Got MaxT3? Do this workout:

Superfast Workout 5 – Upper Body

DAY 20

Today's Tip

If you are cooking with butter, make sure it's organic so that you aren't ingesting any of the antibiotics or hormones used in dairy processing.

Eating Plan

Breakfast: Protein Smoothie

Snack: ½ cup almonds

Lunch: Chicken Artichoke Salad

Snack: 1 Chocolate Macaroon

Dinner: Endless Chicken Salad Casserole (TIP)

Got MaxT3? Do this workout:

Superfast Workout 6 – Lower Body

DAY 21

Today's Tip

Remember the old adage, "Failing to plan is planning to fail." It's a shopping and planning day. This is the most important step to making sure your week is a success.

Eating Plan:

Breakfast: Spinach Omelet

Snack: Apple-Almond Smoothie

Lunch: Smoked Salmon Tartar

Snack: ½ cup almonds

Dinner: Chicken Savoy, Garlic Roasted Cauliflower

Rest Today

*green items can be found in the MLNP book.

DAY 22

Today's Tip

Do something to celebrate your progress so far. If you've lost inches, go buy a new pair of pants that you couldn't have fit in before. Sign up for a competition you never would have considered in the past. Go for a hike that you couldn't do before. It feels good to see what all of your hard work has gotten you!

Eating Plan:

Breakfast: Grain-Free Pancakes

Snack: Handful of nuts

Lunch: Broccoli Cranberry Salad

Snack: Celery and Hummus

Dinner: Lemon Lamb, Greek Greens

Got MaxT3? Do this workout:

Fast Workout 7 – Upper Body

Eating Plan

Breakfast: Omelet

Snack: Celery with almond butter

Lunch: Not Tuna Salad

Snack: ½ cup walnuts

Dinner: Chicken Sage Soup

Got MaxT3? Do this workout:

Fast Workout 9 – Core

DAY 23

Today's Tip

Read food labels and eliminate food additives and preservatives like MSG or aka's such as hydrolyzed vegetable protein, yeast extract, autolyzed yeast or sodium caseinate.

Eating Plan

Breakfast: Veggie-Berry Smoothie

Snack: Boiled egg

Lunch: Salad with Caesar Dressing

Snack: Nuts and seeds

Dinner: Fish Fry Dinner, Zesty Lemon Quinoa, Boosted Broccoli

Got MaxT3? Do this workout:

Fast Workout 8 – Lower Body

DAY 25

Today's Tip

Review your goals and see that you are almost at the finish line. Look at all the healthy habits you have created and the lifestyle changes you've made.

Eating Plan

Breakfast: Salad Smoothie

Snack: ½ cup pumpkin seeds

Lunch: Leftover Chicken Sage Soup

Snack: Veggie sticks with Easy Guacamole

Dinner: Basic Chili

Got MaxT3? Do this workout:

Fast Workout 10 – Surge

DAY 26

Today's Tip

The best body moisturizers are oils, like jojoba, almond, or coconut oil.

Eating Plan

Breakfast: Yogurt and Berries

Snack: Veggie sticks with Ranch Dressing

Lunch: Leftover Basic Chili

Snack: Celery sticks with Hummus

Dinner: Meatloaf, Mashed No-tatoes

Got MaxT3? Do this workout:

Fast Workout 11 – Upper Body

DAY 24

Today's Tip

Pay it forward. Choose your favorite tip from this challenge and help someone else with it. Email a coworker a recipe. Show a family member how to cut down their exercise time. The best way to ensure your own success is to help someone else succeed.

*green items can be found in the MLNP book.

DAY 27

Today's Tip

Bill Cosby said, "I don't know the key to success, but the key to failure is trying to please everybody." Don't pay attention to people who are trying to pull you down. Surround yourself with people who lift you up!

Eating Plan

Breakfast: Grainless Granola

Snack: 1/2 cup almonds

Lunch: Raspberry Pecan Summer Salad

Snack: Veggie sticks with Easy Guacamole

Dinner: Chicken Asparagus Marsala

Got MaxT3? Do this workout:

Fast Workout 12 – Lower Body

Dinner: Stuffed peppers, Zesty Lemon Quinoa

Got MaxT3? Do this workout:

Fast Workout 9 – Core

DAY 30

Today's Tip

You did it! Look back on this month and all of the progress you have made. Don't forget to attend the next event at your clinic, so that you can share your success and celebrate with friends and family in your community!

Eating Plan

Breakfast: Spinach Omelet

Snack: Veggie sticks with Hummus

Lunch: Salad with Greek Dressing

Snack: 1 Chocolate Macaroon

Dinner: Fancy Salmon

Celebrate!

DAY 28

Today's Tip

The best all natural cleaner is equal part water and vinegar in spray bottle for an intense cleaning solution for countertops, sinks and bathtubs.

Eating Plan:

Breakfast: Mini Onion Quiches

Snack: Tropical Smoothie

Lunch: Taco Salad

Snack: 1/2 cup almonds

Dinner: Stuffed Porto Patty

Rest Today



DAY 29

Today's Tip

When buying organic, remember to "start at the top of the food chain," specifically with animal products. You may spend less buying grass-fed meat from a local farmer than from a grocery store.

Eating Plan:

Breakfast: Eggs Florentine

Snack: Nuts and seeds

Lunch: Chicken Artichoke Salad

Snack: Celery with almond butter

